

# **The Pray More Advent Retreat Study Guide**

## **Reclaiming Your True Identity, Part I with Stacey Sumereau**

### **Reflective Questions**

“You say I am loved when I can't feel a thing,  
You say I am strong when I think I am weak.  
You say I am held when I am falling short, when I don't belong,  
oh You say I am Yours.  
And I believe, oh I believe what You say of me.  
I believe, yes I believe.”

- Lauren Daigle, *You Say*

1. This talk begins by describing subconscious paradigms, which are things that we believe that we may not know that we believe. In order to find out what we really believe underneath our conscious beliefs we must look at our actions. Stacey asks the following questions: If I say that Jesus Christ is my Lord and savior, if I believe that God really has things under control, and yet if I feel a lot of stress and frustration and a lack of control in my own life, and that really bothers me, do I really believe that God has things under control? Do I really believe that He's my savior?

Take a moment to look at where the stress and frustration is in your life. Where is it that you need a savior this Christmas?

2. Stacey describes looking outside of herself and asking others, “What do you say of me?” and believing what others said of her. Have you ever had a similar experience? Who are you looking to to tell you what you're worth? Who are you looking to for validation? In this busy time of Advent, where we're preparing, and we're getting all of our Christmas presents ready, and we're going out and shopping, are we living as if God is in control? Are we living for the savior who's coming into the world, or are we asking “What do you say of me?” in the wrong places? Take this season of Advent to reflect, to make it a time of spiritual preparation, to examine these underlying paradigms or beliefs that you might have.

3. In Romans chapter eight, we hear that we are not only children of God and heirs to the Kingdom of Heaven, but we are adopted and chosen children of God. Stacey explains that we need to live in this courage, in this knowledge that God has picked us out of the crowd. We need to have the courage to reject what the world is saying of us. Instead ask God, “What do You say of me? Who do You say that I am?”